

# Term 4, Week 5



## Week 5

Year 2 Swim Scheme 1:20pm -2:45pm (Mon to Fri)

Wed 13/11	School Band Rehearsals in Demountable from 8:00-8:45am
	Illawarra Hawks Visit - Stage 3 only
Thur 14/11	50th Annual Combined Schools Instrumental Festival
	Sydney FC Visit
	Kindy Orientation 9:15-10:15am
Fri 15/11	Music Lessons in Demountable 7:45am
	Dance Troup 8.00am
	Grandparents Day 10:00am
	Superstar Awards 2:45pm

## Week 6

Wed 20/11	School Band Rehearsals in Demountable from 8:00-8:45am
Thur 21/11	Sydney FC Visit
	Kindy Orientation 9:15-10:15am
Fri 22/11	Music Lessons in Demountable 7:45am
	Dance Troup 8.00am
	Superstar Awards 2:45pm

## Week 7

Wed 27/11	School Band Rehearsals in Demountable from 8:00-8:45am
Thur 28/11	Sydney FC Visit
Fri 29/11	Music Lessons in Demountable 7:45am
	Dance Troup 8.00am
	Class 1D Assembly 2:15pm
	Superstar Awards 2:45pm

## Flying Figtree Superstars:

Congratulations to the following

### Silver

Superstar students:

Emilia Matic, Dallal Maulaie  
and Georgia Geralexis

Congratulations to the following

### Gold

Superstar students:

Lorelei Percival, Jamie Wouters, Lucy Howes,  
Hugh Clark and Zoe Pascoe

Congratulations to the following

### Emerald

Superstar students:

Dylan Walsh and Brooke Baird

**Superstar wristbands will be awarded at the  
Friday 15 November assembly at 2:45pm**

## HAPPY BIRTHDAY TO YOU ...

Maggie Harvey, Sam Batchelor,  
Alysha Telenta, Isla Nelson,  
Abigail Charlton-Shaw,  
Mack Stewart and Amalia Smith

Shop & save for Christmas  
EXCLUSIVE TO ZERO & REWARDS  
CARD HOLDERS

**20% OFF**  
**SCHOOLWEAR**  
AND EVERYTHING ELSE!

INSTORE & ONLINE THURSDAY 14TH NOVEMBER.

\* Excludes gift cards, all sale packages & Schoolwear Light's. Cannot be combined with other offers or discounts. Floor stock only.  
\* Sales and returns may vary from store to store.  
\* For rain checks. Please choose carefully, exchanges and refunds only with receipt. Includes existing 25% discount.  
\* Offer ends midnight (AEST) 14/11/19. Must use Zero or Rewards card to receive discount.



## Term Four SRC

Congratulations to our new SRC members who are proudly wearing their badges today. The SRC is our Student Representative Council. Often the SRC assist with fundraising either for a charity or for our school under the guidance of Ms Wyman, our SRC Coordinator.

## P&C Reminders

Don't forget to order your gingerbread houses before time runs out! Orders are due by Monday 18 November and come in traditional, chocolate and gluten free. The order form will be attached to your Newsletter email.

The countdown has begun! Only 20 days until it's time to have Breakfast with Santa...so exciting!

## Figtree High School Scholarship Applications

The P&C of Figtree High School assist to support one student from each of our local primary schools through awarding a \$1000 scholarship. This may be used to pay for uniforms, excursions, school fees etc.

Current Year 6 students are eligible to apply if they have shown:

- High academic diligence and /or sporting and /or creative and performing arts achievement
- Outstanding citizenship qualities
- Exemplary attendance, behaviour and attitude to school

Applications are available from our front office.

## Selective High School Applications

A reminder that if you are intending to apply (for students currently in Yr 5) at a selective high school the application process will close at **10pm, 11 November 2019**, with the placement test taking place on 12 March 2020.

Applications can only be made on line. Further information can be found at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>



# From the desk of the Principal

## Figtree Heights Has Talent

There is some excitement amongst our students that you may have heard about at home! Currently we have students planning and organising 'acts' in preparation for our class and Stage auditions as we work our way to presenting our very own **Figtree Heights Has Talent**. At this event a variety of acts will be showcased on Monday 16 December. More information will be made available as we approach the big day, however, feel free to pencil that day onto your calendar. We thank you for any help your children may be asking of you in putting their act together. Please be mindful that all aspects of each act will need to be school appropriate, including music and costume choice.

## Last Word

It is World Kindness Day on Wednesday 13 November, so with that in mind...

NO ACT OF KINDNESS,  
NO MATTER HOW SMALL,  
IS EVER WASTED.

— AESOP —

Have a good day!

*Rae Redfern*  
Principal





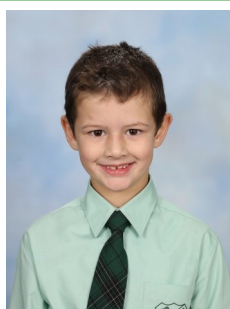
# FHPS - SRC

K  
D



Leah Thackray

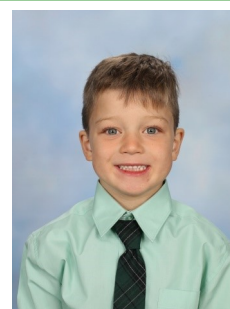
K  
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Hugh Clark

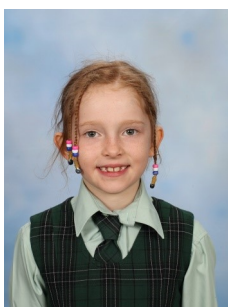


April Knox



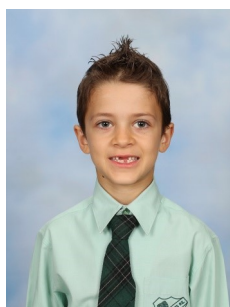
Tom Fischer

1  
D



Asher Burke

1/2  
JO



Justin Vasic



Sophia Edwards-Alm



Justin Zhao

1/2  
M



Olivia Morgan

2/3  
M



Ethan Humphrey



Miley Reh



Bilal Abdul Latif

3/4  
V



Alysha Telenta

4/5  
B



Nate Hosking



Chloe Reh



Oliver Zhao

5/6  
P



Odette Krizsan

5/6  
TF



Alex Ladmore



Rachel Leo



Asher Percival



# Superstar Student



A huge congratulations to Theodore who competed in the NSW Spelling Bee finals in Sydney last Friday. To represent not just our school but our region at this event was impressive enough, but Theodore went even further coming in the top 11 out of 49 representatives from across NSW!

Well done Theodore...amazing!



# Remembrance Day Assembly





# Stage 1 Killalea Excursion

Stage 1 had a fun filled day last Wednesday at Killalea State Park. They explored the natural and human features and the way in which the Park has changed and ways it has been cared for. The students had the opportunity to do many different activities. They looked for pipis at the beach, bird watching, learn about Aboriginal Artefacts and build traditional shelters called gunyas, just to name a few.





# Grandparents Invited

Dear Grandparents,

We would like to welcome you to attend a  
Grandparents Day Celebration.

**DATE:** Friday 15 November 2019

## ACTIVITIES:

**10:00am** - Meeting in the hall to enjoy  
a cup of tea or coffee.

**10:20am** - Visit classrooms for  
some cards or boardgame fun.

**11:00am** - Feel free to bring some  
lunch and a picnic blanket to enjoy with  
your grandchildren.

**RSVP:** To the office  
(via a phone call or note is fine)  
by Wednesday 13 November.

We look forward to  
seeing you then!



The value of the fortnight is...

# Care

Take a minute to think about how you are  
showing **Care** in everything that you do!



*Figtree Heights Public School*  
*P & C and OOSH presents*



# **BREAKFAST** **& photo with Santa**

## **Sunday 1 Dec 2019**

Santa arrives at 8am on a Fire Truck!

Pre-order your  
breakfast & photo to  
guarantee your spot!

Limited spots available! Photos finish at 1130am

**Professional Santa Photos**  
(Westfield Quality)

**Face Painting & more**

**Time: 8am to 12pm**

**Location: Figtree Heights PS**

Payments can be made via the school office  
with a completed order form or via  
<https://www.flexischools.com.au>





# Community News

## What is Due and When?

What	When
<b>Mathletics (s/s) \$26</b>	<b>DUE NOW</b>
<b>MathsOnline (s/s) \$10</b>	<b>DUE NOW</b>
<b>Reading Eggs (s/s) \$24</b>	<b>DUE NOW</b>
<b>Spelling Mastery</b>	<b>DUE NOW</b>
<b>Dance Troupe Costume (s/s)</b>	<b>DUE NOW</b>
<b>SIMF Rehearsal (s/s)</b>	<b>DUE NOW</b>

*Please note: S/S= selected students only*

## FHPS Canteen

*The canteen is open for lunch orders  
Monday, Wednesday and Friday*

**Don't forget to use our  
HEALTHY canteen!**



<b>Monday 11/11</b>	Sonya DeBruyn & Tracy Ji
<b>Wednesday 13/11</b>	Julie Jones & Brooke Bridge
<b>Friday 15/11</b>	Sylvia George, Clare Williams & Penny Guo
<b>Monday 18/11</b>	Simone Pratt

Bookclub Issue 8  
closes Sunday 24<sup>th</sup> November 2019

### Scholastic Bookclub Orders

Cash or cheques will not be accepted as payment.

All Bookclub purchases must be done online using the Scholastic Loop Payment Portal.

If you wish to purchase books for a gift and would like the option to pick up from the School Office, there is now an option to select this when you order online.

If you have any queries or require assistance, please contact the Bookclub Coordinator Rebecca Anderson on 0412469343.



## Our Canteen uses Flexischools Online Ordering!

Flexischools allows parents, students and staff to place and pay for orders from home, work or school at any time via their mobile, tablet or computer.

As well as being convenient for parents, the online orders are much faster and easier for the school canteen to process - so it makes everyone's life a little easier!

Flexischools is well established, operating in over 1,000 schools across Australia and having processed over 40 million orders.

### How to register:



1. Register for Flexischools by visiting [www.flexischools.com.au](http://www.flexischools.com.au). Add your student, their school and class to get started.
2. Top-Up your account via Visa, Mastercard, PayPal or direct deposit.
3. Make an order by selecting from the range of options available and proceed to make payment for the order listed in your order pad.

### What does it cost?

**Online Ordering Fees \$0.29 per canteen order**

#### Account Top-Ups

**Direct Deposit – FREE** (3-5 business days to become available in your Flexischools account)

**Visa / Mastercard / Paypal** – Surcharge of 15c + 1% of your top up value. (Immediately available in your Flexischools account.)

**Need assistance** registering, topping up your account or placing orders, please call the Customer Service Team at Flexischools on **1300 361 769**.

## SWIM LESSONS



ENQUIRE TODAY!

[www.ecsportz.com.au](http://www.ecsportz.com.au)  
Physical Therapy Building  
60 Rosemount St  
WOLLONGONG NSW 2500  
0401 691 049

## How effective is the vaccine?

HPV vaccination is a safe and reliable way to protect young people from getting a range of HPV related cancers and diseases. Females should also participate in cervical screening for best protection against cervical cancer.

Almost all HPV infections that cause abnormal cells and cancer can be prevented by the HPV vaccine.

Studies have shown that the vaccine is proving very effective in Australia. There has been a big decrease in HPV infections, pre-cancers of the cervix and genital warts.

The vaccine works best when given at a younger age and before exposure to HPV.



## How safe is the vaccine?

HPV vaccines used in Australia are very safe. All HPV vaccines available in Australia have been thoroughly tested and 270 million doses have been given around the world.

The vaccine has been provided through school based programs in Australia since 2007 for females and 2013 for males. In Australia, as in other countries, there is ongoing monitoring of vaccine safety.

Some people might experience mild side effects from the vaccine. These can include:

- ✓ soreness, swelling and redness at the injection site
- ✓ mild temperature
- ✓ feeling faint and fainting.

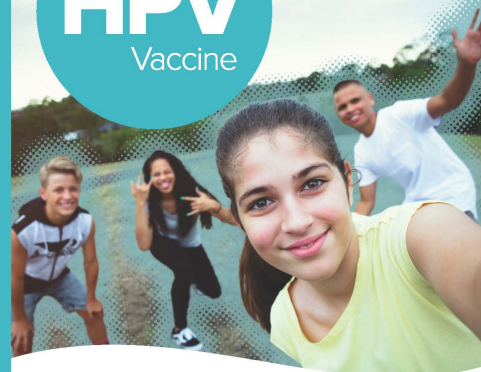
Like other vaccines, a very small number of people can have an allergic reaction shortly after getting the vaccine. Vaccination providers are prepared to manage these types of reactions.

See your GP if you are worried about your child's reaction.

HPV  
Vaccine

You can learn more about the safety of the HPV vaccine at the Therapeutic Goods Administration website [tga.gov.au](http://tga.gov.au)

HPV  
Vaccine



## Preventing human papillomavirus (HPV) cancers and diseases by vaccination

Helping to protect young people from a range of cancers and diseases caused by the human papillomavirus (HPV)

[health.gov.au/immunisation](http://health.gov.au/immunisation)



HPV  
Vaccine

## Why get vaccinated?

The HPV vaccine prevents several cancers, including:

- ✓ cervical cancer in females
- ✓ vaginal and vulval cancers in females
- ✓ anal cancer in females and males
- ✓ throat cancers in females and males
- ✓ penile cancer in males.

The HPV vaccine also protects against almost all cases of genital warts in both males and females.

## What is HPV?

Human papillomavirus (HPV) is a common, contagious virus that can cause cancers and diseases in both men and women.

It is mainly spread by contact during sexual activity.

Without vaccination, 90% of adults will have a HPV infection at some point in their life. There is no treatment to get rid of HPV infection.

In most people the virus causes no symptoms and goes away by itself, but sometimes it can persist and cause types of cancer or serious illness.

## Key Facts

HPV can affect both males and females.

Females and males aged 12–13 can receive the HPV vaccine free of charge at school.

A consent form needs to be signed and returned to the school before the vaccination can be given.

## How can I find out if my child is immunised?

The Australian Immunisation Register keeps a record of vaccinations given in Australia.

Immunisation history statements can be accessed at any time by using your Medicare online account through myGov ([my.gov.au](http://my.gov.au)).

## How do you get vaccinated?

The vaccine is provided free to children aged approximately 12–13 through school-based immunisation programs.

It involves getting two injections, six months apart. It is important to receive two doses to get the best possible protection against HPV.

Students eligible for a free vaccine will receive a consent form from their school. This consent form must be signed by a parent or guardian and returned to the school before a vaccination is provided.

## Delaying vaccination

Delaying vaccination to 15 years of age or older will mean that three doses are required instead of two. The National Immunisation Program only covers two doses for free.

Individuals who did not receive the vaccine at school are eligible for two free catch up doses up to 19 years of age.

## Where can I get more information?

- ✓ Speak to your doctor, practice nurse, or other immunisation provider.
- ✓ Visit [health.gov.au/immunisation](http://health.gov.au/immunisation)





Dear Parent/Guardian

Immunisation is a simple, safe and effective way of protecting the community and individuals from disease.

Adolescent vaccines will be offered for FREE to your child when they commence Year 7 in 2020.

Your child will be given a Parent Information Kit in the first few weeks of Term 1, 2020, which contains information about the vaccines and a consent card that you will need to complete for the vaccines to be offered.

**Vaccines offered to ALL students in Year 7:**

GRADE	VACCINE	SCHEDULE
	Diphtheria-Tetanus-Pertussis (dTpa)	1-dose
	Human Papillomavirus (HPV)	2-dose schedule (6months apart)

For further information regarding this program or any other questions about immunisation please contact the Immunisation Team at the Public Health Unit on 4221 6700.

## Time for Healthy Habits



Do you have a child between the ages of 2-6 years and live in NSW? Do you wonder if they are eating enough of the right foods, being active enough or getting enough sleep?

We are offering a free program to help parents give their young children the healthiest start to life.

For more information and to register please visit [www.timeforhealthyhabitsnsw.com/](http://www.timeforhealthyhabitsnsw.com/) or contact [time-healthyhabits@uow.edu.au](mailto:time-healthyhabits@uow.edu.au)

Proudly funded by



This project has been approved by the South Western Sydney Local Health District Human Research Ethics Committee, HREC Reference HREC/18/LPOOL/472, and delivered in partnership with Murrumbidgee, Illawarra Shoalhaven, Southern NSW, Hunter New England, and South Eastern Sydney Local Health Districts.

**CANTEEN TUESDAY SPECIALS:**  
**HOT DOG**



On **Tuesday 26 November**, we will have the most popular of the Tuesday's special:

**HOT DOG \$2.50 each**

Hot dog will be collected from the canteen basket as per usual lunch order. Sauce available at the canteen desk. Canteen will be open for service, during lunch break, for drinks and snacks only.

Due by **Thursday 21 November – AVAILABLE on FLEXISCHOOL**

**NO LATE ORDER ACCEPTED – SORRY! Spares will be available and served on first in best-dressed basis.**



**Canteen Tuesday 26 November Specials:**

**Hot Dog**

Student \_\_\_\_\_ class \_\_\_\_\_

Hot Dog      \$2.50 each      QTY \_\_\_\_\_

TOTAL: \_\_\_\_\_